STRESS

Lisa A. Galloway D.O.

Overview

- Definition of Stress
- Causes of Stress
- Recognizing Stress
- Effects of Stress
- Managing Stress

Definition

- Anything that Stimulates you

Key Concept

- The key is managing your self at a level of stimulus that is healthy and enjoyable.

Stress

- What causes Stress in our life?

Social Readjustment Rating

- Death of Spouse 100
- Divorce 73
- Marital Separation 65
- Jail Term 63
- Personal Injury 53
- Marriage 50
- Fired from Job 47
- Reconciliation 45
- Retirement 45
- Health Problems 44
- Pregnancy 39
- Sex Difficulties 39
- Addition to family 39
- New Job 39
- Financial Changes 38
- Death of friend 37
- Marital Arguments 35

Social Readjustment Rating

- Debt over 10,000 31
- Foreclosure 30
- Child Moving 29
- In-Law Problems 29
- Outstanding Personal Achievement 28
- Work Change 26
- Start/Finish School 26
- Move 25
- Change in Work Hours 20
- Change in recreation Habits 19
- Change in Church Activities 19

Stress Readjustment Rating

- Change in social activities 18
- Mortgage or loan under $10,000 17
- Change in Sleep habits 15
- Vacation 13
- Christmas 12
- Minor violation of the law 11

Recognizing Stress in Yourself

- Faster Heart Beat
- Increased Sweating
- Cool Skin
- Cold Hands and Feet
- Rapid Breathing
- Tense Muscles
- Dry Mouth
- Nausea

Recognizing Stress in Others

- Change in Appetite
- Increased Colds
- Mood Changes
- Depression
- Frustration
- Helplessness
- Impatience and Irritability
- Restlessness
- Difficulty Sleeping
- Increased Alcohol Use
- Increased Smoking
- Critical
- Talk fast or loud
- Fiddling/Twitching
- Over Reacting

Short Term Performance Effects

- Interfere with Judgment
- Interfere with Fine Motor Control
- Decrease Attention
- Decrease Focus and Concentration
- Decreased Ability to Cope with Distractions

Managing Stress

- Proper Nutrition
- Exercise
- Healthy Sleep Habits
- Seek Professional Help: Flight Doctors, Psychologists, Councilors, Clergymen

Summary

- Definition of Stress
- Causes of Stress
- Recognizing Stress in Yourself
- Recognizing Stress in Others
- Effects of Stress
- Managing Stress

Stress

- Keep Things in Perspective

Questions?